

# OnTrak™ Program for Depression

OnTrak is personalized just for you. It's designed to help you improve your health and live better. If you are looking to feel focused and overall happy again, OnTrak may be able to help.



Everyone feels blue or sad sometimes. These feelings may be short-lived and pass within a couple of days. But depression can interfere with your daily life. You may feel tired all the time or be restless and irritable. You may have lost interest in the things you used to enjoy. Depression can cause you to feel empty or hopeless. It can affect your overall health, and cause pain for you and those who care about you.

People with depression sometimes don't ask for help. But even those with the most severe depression can benefit from treatment.

## How We Help

It's time to feel better. Our mission is to support you in reaching your goals for health and well-being. OnTrak has helped many people facing difficult challenges. We are here to help you too.

The OnTrak program is a team effort. As an OnTrak member, you receive:

**Individual Care Coaching by a Nurse** – Your nurse Care Coach will listen to you and support you with compassion and without judgment. Your Care Coach is always there to encourage you toward your goals.

**One-on-one Counseling** – Your counselor will work with you on what is most important to you. Counseling may help to address your depression and improve your overall mood. You may discover new ways to face challenges and manage difficult situations.

**Specialist Visits** – If recommended, you may visit an OnTrak doctor or dietitian for certain conditions.

OnTrak is designed for you. It's confidential and convenient. You complete the program at your own pace, on your own time.

## Want to be happier with your quality of life?

The OnTrak program may be your answer.



OnTrak™

1-866-517-1417

stayontrak.com

contact@stayontrak.com

Note: OnTrak is available to eligible members of select health plans. If your membership with your health plan ends, you will no longer be eligible for the OnTrak program and services.